



## West Valley City Fitness and Recreation Center News

### Membership Has Its Advantages!



Did you know that for less than one dollar per day, your family can have access to West Valley City's award-winning Family Fitness Center? Featuring a lap pool, a leisure pool with the state's tallest indoor waterslide, basketball and racquetball courts, an indoor track, cardio equipment, a weight room, a climbing wall, dance and aerobic rooms, and a soft-play "edutainment" room for children, the Family Fitness Center has something for every member of the family!

In addition to the many amenities, your membership includes free child care (first hour free, \$1.50 for each additional hour), two free personal training sessions for each adult on the membership (up to four sessions), free monthly body composition testing, discounts on programs and special events, free use of rental equipment, discounts on party packages, free movies and crafts in the edutainment center, one free four-week fitness class pass each year, and more!

For more information, call 955-4000 or visit [www.westvalleyfitnesscenter.org](http://www.westvalleyfitnesscenter.org).

### After-School and Day Camps for Kids

*Field Trips! Face Painting! Western Day! Games! Sports! Friends! Safari Day! Dancing! Roller Skating! Ice Skating!*

#### After School Camp (K-6)

After school camps include sports, games, swimming, rock climbing, study time, and more! Transportation is available from Valley Crest, Monroe, Whittier, and Wright Elementary schools (children from any school may attend, however transportation will not be provided).

\$25 – one week; \$7 – one day

#### Kidz Kamp

Ages 5 - 11

Camps include sports, crafts, swimming, ice skating/roller skating, rock climbing, and field trips. Lunch and snacks are provided.

Monday – Friday  
7 a.m. - 6 p.m.

\$20 per day; \$90 per week (additional children, \$80)

#### Kindergarten Kamp (Ages 5 - 6)

Mon.-Fri. 7 a.m. – 12 noon for Afternoon Kindergarteners  
Mon.-Fri. 11:30 a.m. – 6 pm for Morning Kindergarteners

Registration includes lunch & snacks, Kidz Yoga, swimming lessons, rock climbing, field trips, silly games and much more.

\$45 per week or \$10 per day per child (No Refunds)

**\*We provide transportation to & from Valley Crest ONLY**

Registration for all camps are due by Wednesday at 1 p.m. the week prior to the beginning of camp. No late registrations or date changes accepted.



### Free Junior High School Program



The Family Fitness Center is now accepting registrations for the Junior High School program.

Registration includes all activities (swimming, leadership, field trips, golf training, and more!).

Call 955-4000 for more information or to register.

### Swimming Lessons

#### Parent/Infant Classes:

Four 30-minute lessons  
Members, \$15; non-members, \$21

#### Private Lessons:

30-minute lesson - \$15

#### Semi Private Lessons

(up to 3 people):  
30-minute lesson - \$20

For more information about aquatics programs, call 801-955-4001.



### West Valley Dance Force

The Family Fitness Center offers all formats of dance, including ballet, hip-hop, jazz, cheer, tap, and more! Adult classes are also available.

For more information, call  
801-955-4030.

### Dog Days of Summer

Before we close our swimming pool for cleaning, you are invited to bring your well-behaved best friend for a dip in our pool! Each dog will get a doggy bag of goodies and there will be raffles throughout the event.

2 – 2:30 PM: Small Dogs  
(under 25 pounds)  
2:30 – 5:30 PM: All dogs  
\$3 per dog

For your talented best friends, a Doggy Long Jump contest will be held from 2:30 pm to 3:00 pm. And a Doggy Paddle race from 3:30 to 4:00 pm.

Need vaccinations for your dog?  
WVC Animal Shelter will be on hand for a Pet Vaccination Clinic.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.WestValleyFitnessCenter.org](http://www.WestValleyFitnessCenter.org)  
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.  
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.  
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

